

MPS District Wellness Committee Meeting

March 3, 2016

4:15 PM

Culver Center

Meeting called by: Stacy Descalzi
District Wellness Coordinator

Type of meeting: Organization Meeting/Initial Meeting

Note taker: Elsann Machotka

Attendees: Stacy Descalzi, Kurt Himstedt, Elsann Machotka, Stephanie Muhlbaier, Brian Quilty, Lauren Adams, Brittany Martinez, Melissa Kuhlen, Laura Kane

Please read: Wellness Coordinator Toolkit; District Wellness Policy Draft Document

Please bring: Questions; Ideas; Suggestions

Minutes

Agenda item: Overview of Healthy, Hunger-Free Kids Act (HHFKA) of 2010

Presenters: Kurt Himstedt & Stacy Descalzi

Discussion:

District must have a Wellness Policy and each school within the district must have a team that meets on a regular basis; provided handout on six steps to make school a healthy school (Let's make our school a healthy school handout); Alliance Tool Kit has been emailed, should be used to set up team and guide work of team; consider school nurse and cafeteria personnel for teams; Public Awareness and representation on DWC as well as SWC – possible website for SWC and DWC – public participation is a goal for DWC for early next school year

Action items	Person responsible	Deadline
✓ School Wellness Committees formed and meet at least 1x prior to 15-16SY end	SWC Chair(s)	June 2016
✓ Website on school page/district page	DWC & SWC Chair(s)	June 2016
✓ School Wellness Progress Reports	SWC Chair(s)	ongoing

Agenda item: District Food Service Overview under HHFKA

Presenter: Kurt Himstedt

Discussion:

Went over National School Lunch Program (see National School Lunch Program handout); There have been changes in 2010 that require healthier meals with limitations that are grade-specific (see Lunch Meal Pattern handout); provided examples of "healthy snacks" whole grain is first ingredient on labels; Briefly discussed regulations for all food sold in schools (Summary handout); Youth Advisory Council letter (handout) was sent to principals but only two schools responded; Holly, Bacon, Mount Pleasant already have policies in place for healthy parties – this will help with Alliance certification

Action items	Person responsible	Deadline
✓ Work toward "Healthy School Parties" – no cupcakes, etc.	SWC Chair(s)	ASAP
✓ Discuss Youth Advisory Council with Principal	SWC Chair(s)	ASAP
✓ Work with cafeterias to understand how they can help with healthy parties	SWC Chair(s) & Café. Mgr.	ASAP

Agenda item: District Wellness Policy Important Points **Presenter:** Stacy Descalzi

Discussion:

Handouts on Local School Wellness Policy Implementation as well as Facts on Local Wellness Policies; District Wellness Chairperson (Stacy) would like to be a point person and support each SWC – attend meetings and wellness events from all schools throughout the school year next year as well as publicize the wellness events happening at each school; have to submit a report to USDA annually with description of each school's progress in meeting goals, their school activities, information on how public can be involved and contact information on all wellness chairs

Action items	Person responsible	Deadline
✓ Submit reports each marking period to DWC (Stacy)	SWC Chair(s)	April & June
✓ Keep DWC informed of support needed	SWC Chair(s)	Ongoing
✓ Create Local Wellness Policies that include goals from DWP	SWC Chair(s)	Sept. 2016

Agenda item: School Wellness Committee Responsibilities **Presenter:** Stacy Descalzi

Discussion:

Local wellness policies must have goals for nutrition education, physical activity and other school-based activities designed to promote student wellness; many schools are doing things for staff wellness and that's great but also be sure to include students; Recess at certain schools in the district was discussed and Stacy said she would provide information to support SWCs conversations with principals regarding recess; SWCs also need to go to schools.healthiergeneration.org to register ASAP

Action items	Person responsible	Deadline
✓ Draft local school wellness policy	SWC Chair(s)	Sept. 2016
✓ Discuss Recess time with principal	SWC Chair(s)	ASAP
✓ Register at schools.healthiergeneration.org	SWC Chair(s)	ASAP

Agenda item: Current School Wellness Activities & Programs **Presenter:** Stacy Descalzi

Discussion:

Handout provided with reports from all schools in district except Lakeside; Consider activities that you might not initially consider to be "wellness" activities – Gardens, etc. These activities involve students being active outside which can be counted as wellness... even if all they're doing is reading outside.

Note that Bacon School is Silver award recipient and Stephanie is well ahead of a lot of other schools. She is very willing to share what she has done and how her program works; Senior High is Bronze award recipient and also will share/assist in whatever way possible. It was noted that some schools received a day of planning time to meet requirements – Stacy will look into this and report back at next meeting.

Action items	Person responsible	Deadline
✓ Continue with reports to DWC Chair	SWC Chair(s)	ongoing
✓ Plan to attend next DWC meeting	SWC Chair(s)	May 5 th
✓ Brainstorm all activities that are wellness-related	SWC Chair(s)	ongoing

Agenda item: Moving Forward with District Wellness

Presenter: Stacy Descalzi

Discussion:

The key to compliance with USDA is having a solid school wellness team together; communicating with all stakeholders at your school – nurses, cafeteria managers, principal, other administration, etc. – and holding regular meetings; there are grants available for funding for materials and programs, because we are a low-income district (65-68% Free/Reduced Lunch) we are ahead of the game with grants; make principals aware that this wellness "stuff" isn't optional – we are required under the Healthy, Hunger-Free Kids Act of 2010 to comply with these requirements; Know that while this year is more than half over, we should still be working toward compliance while getting ready to hit the ground running next school year.

Action items	Person responsible	Deadline
✓ Set up SWC or meet with your committee if you already have one	SWC Chair(s)	ASAP
✓ Meet with principal to share information	SWC Chair(s)	ASAP
✓ Keep DWC Chair up to date on challenges, questions	SWC Chair(s)	ongoing

Other Information

Resources:

Attached to this email are the following documents:

- Let's Make Our School A Healthy School
- National School Lunch Program
- Lunch Meal Pattern
- Summary (All Foods Sold in Schools must)
- YAC – Youth Advisory Council letter
- Local School Wellness Policy Implementation
- Facts on Local Wellness Policies
- Updated DWC Contact List
- 2016-March School Updates
- Articles/Research on Recess
 - Fight for the Right to Recess
 - Turns Out Monkey Bars and Kickball Might be Good for the Brain
 - Rhea – Instructional Leader Journal
 - Why Young Kids need Less Class Time...

Special notes:

Next Meeting: May 5, 2016 – Tentatively set to begin at 3:30 PM – Culver Center

If you are unable to get release time to be at Culver for 3:30 PM, please let Stacy know ASAP. If too many can't make 3:30, the meeting will start at 4:15. Please make every effort to attend.